

RAKUEN TRANSLATIONS

STATUS: ONGOING
TYPE: WEBCOMIC
URASUNDAY

1 Danberu nan kiro moteru?

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ARTIST: MAAM
2016



URA SUNDAY
COMICS
SANDROVICH YABAKO
& MAAM PRESENTS

TRANSLATOR: /A/NONYMOUS TYPESETTER: PAP041 CLEANER: PAP041
PROOFREADER: /A/NONYMOUS RAWS: /A/NONYMOUS REDRAWER: PAP041



HAVE
A FUN
NIGHT.

WELCO-
ME TO
SILVER-
MAN'S
GYM!

THERE IS
QUITE
THE
CROWD.

ALL THE
TRAINING
EQUIPMENT'S
PUT AWAY!
ALL THAT
WORK
JUST FOR A
PARTY!

Whoaa!
Aweso-
me!

THEY
PROMISED
US A FREE
GYM
SESSION
FOR ARR-
IVING IN
COSTUME.

OH,
IT'S
FINE.

BUT, LIKE,
THIS WHOLE
COSPLAY
THING IS
MAKING ME
NERVOUS.

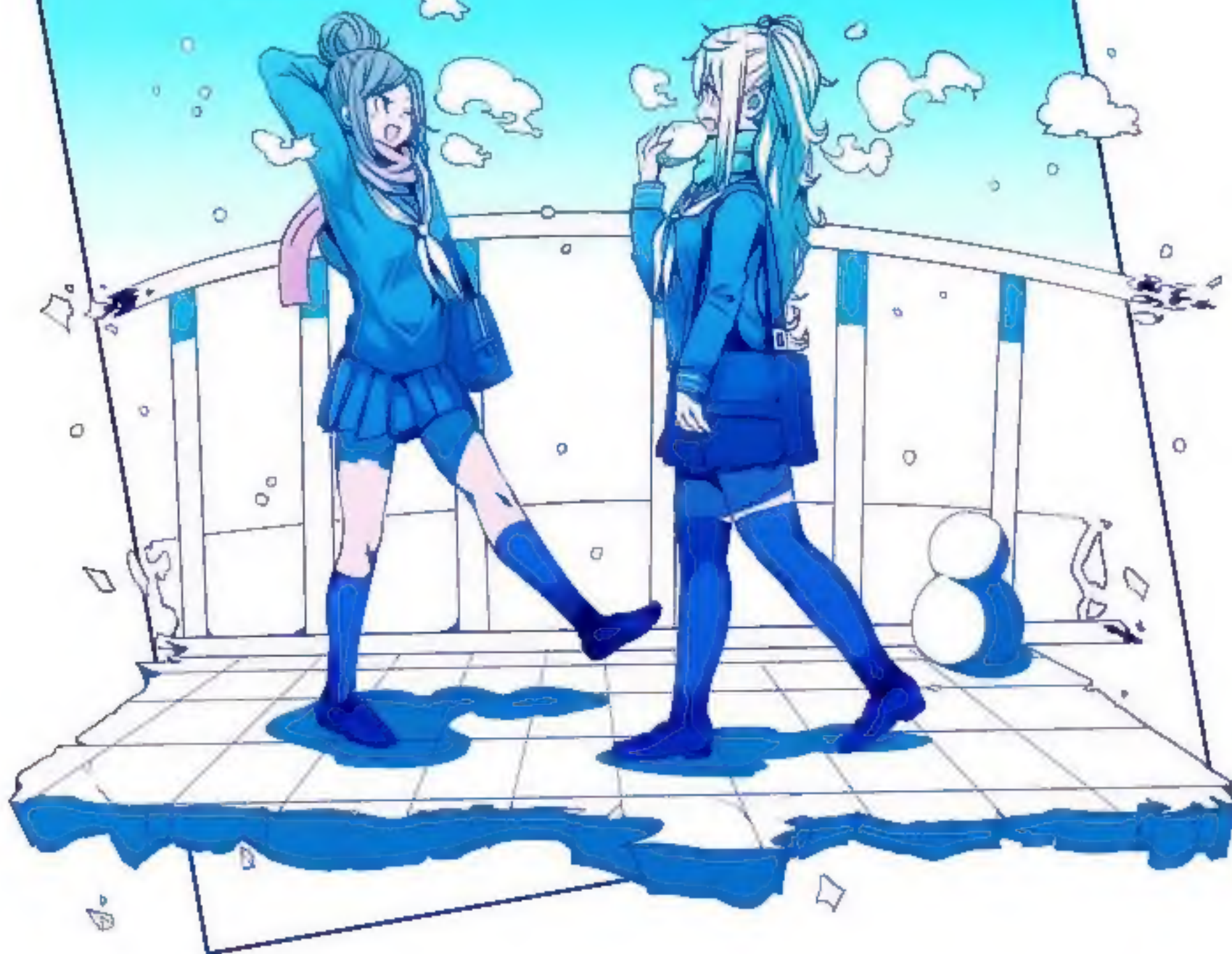
SAKURA
HIBIKI

Don't
open
your
legs!

SO-
RYUJIN
AKEMI

UE-
HARA
AYAKA

ダンベル 何キロ持てる?



**WE ARE
LOOKING
TRANS-
LATORS
FOR:**

JINROUKI WINVURGA



SHOUNEN SHOUJO



DEAR SUCCUBUS SISTER



**ORE WO SUKI NANO WA
OMAE DAKE KA YO**



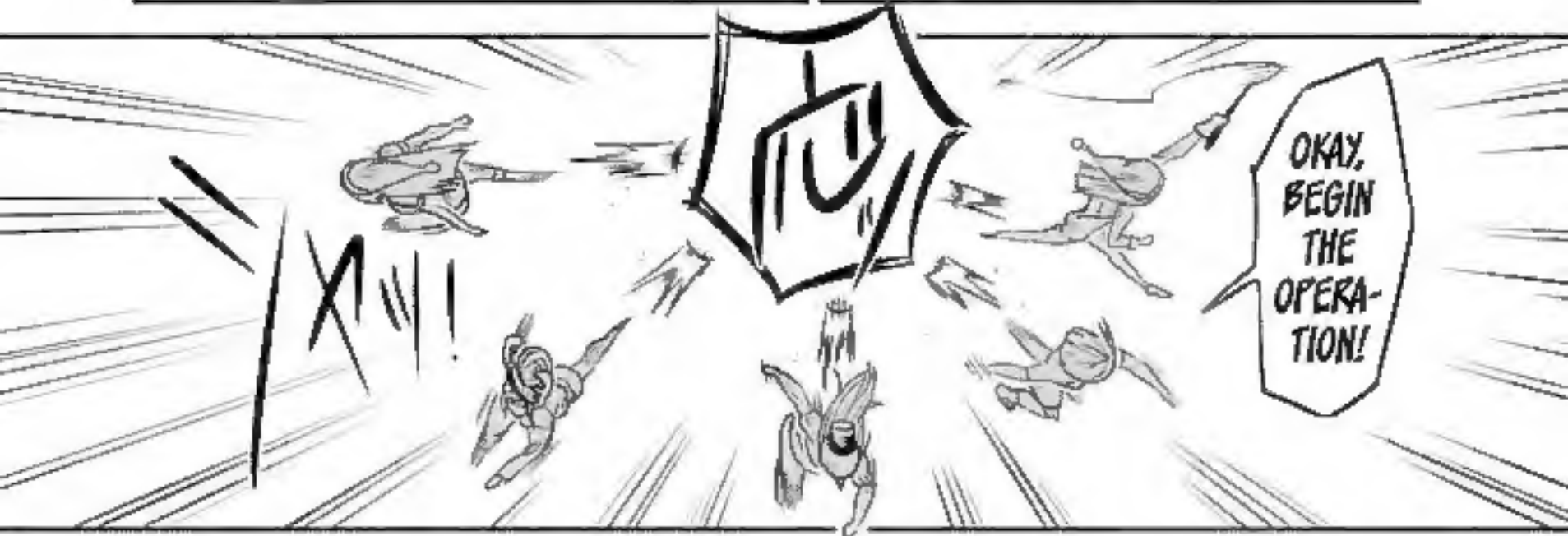
RAKUEN TRANSLATIONS

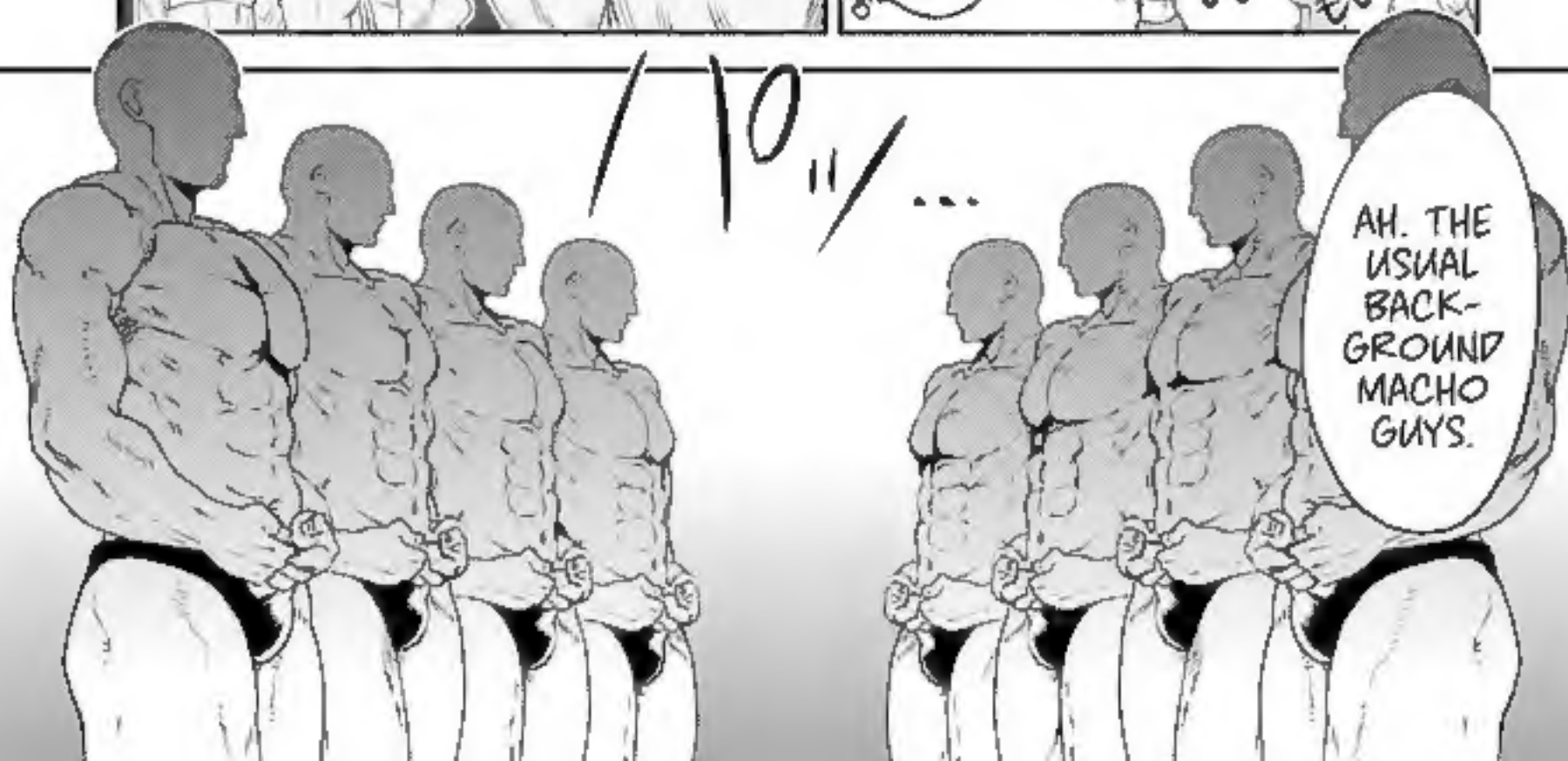
**IF YOU'RE INTERESTED
ON HELPING US,
WRITE US ON OUR
FACEBOOK PAGE OR
CONTACT US AT OUR
BATOTO ACCOUNT:
PAPO41.**













WAIT,
THE USUAL
MACHO GUYS
AREN'T
DOING
ANYTHING!!!

WHY'D THEY
COME OUT?

SORRY FOR
THE WAIT,
EVERYONE!
TIME TO
BEGIN THE
SILVERMAN'S
GYM SUPER
CHRISTMAS
RAFFLE!!!

MA-
CHIO
NARU-
ZOU



THE GRAND
PRIZE WILL
BE A PAIR OF
TICKETS TO
TOCHIGI DIS-
TINYLAND!

IF YOUR
NUMBER IS
CALLED, YOU'LL
WIN AN ELE-
GANT PRIZE
CAREFULLY
SELECTED BY
OUR GYM'S
STAFF!

PLEASE TAKE A
LOOK AT THE
NUMBERS YOU
RECEIVED WHEN
ENTERING THE
HALL.

HOW'S
HE
GONNA
PICK
THEM?

HUH? BUT
THERE'S NO
RAFFLE BOX
OR SCREEN
THERE.

OKAY,
LET'S
BEGIN
THE
RAFFLE!!

HERE'S OUR
CHANCE!! WIN
THE TICKETS
AND INVITE A
HOT GUY!!!



RIGHT.
MAKES
SENSE.

THE
FIRST
NUMBER
IS...

29!!!



7!!!

105!!!

44!!!

NEXT
IS
81!!!



REA-
LLY!?

ACTUALLY,
THOSE
POSES ARE
A FORM A
TRAINING.

FUFU...
YOU
GUYS
DON'T
GET IT.

I GUESS
IT'S
JUST A
GIMMICK
ONLY HE
CAN DO.

TYPICAL
MACHIO
DOIN' THE
USUAL
STUFF ON
CHRISTMAS.

117

203



IF SO,
HE MIGHT
ACTUALLY
BE
TRAINING,
OKAY?

WHEN YOU GO
TO A GYM,
YOU'RE SURE TO
CHANCE UPON
SOME GUY FLE-
XING IN FRONT
OF A MIRROR.

**POSING
TRAINING?**



SO WHAT
DOES
"ISOMETRICS"
MEAN?

FOR
STARTERS,
POSING IS A
KIND OF
EXERCISE
CALLED
"ISOMETRICS."



PLANKS,
WHICH WE'VE
INTRODUCED
BEFORE,
IS ONE EXAMPLE
OF ISOMETRIC
TRAINING.

PLANKS

ISOMETRICS IS
TRAINING YOUR
MUSCLES TO
CONTRACT AND
EXPAND WHILE
YOU MAINTAIN
YOUR POSITION
WITHOUT
MOTION.

**BICEPS
BRACHII MUSCLE**



TO DO
ISOMETRICS,
YOU CAN USE
THE WALLS,
THE FLOOR,
OR ONLY YOUR
OWN BODY
TO CREATE
RESISTANCE.

Push
downwards

Pull
upwards

**PECTORALIS
MAJOR MUSCLE**



Press both
palms together

MAKE
SURE YOU
DON'T
STOP
BREA-
THING!

WHILE FLEXING,
MAINTAIN THE
POSITION FOR
AROUND
7 SECONDS AT
60-70%
STRENGTH.


REMEMBER TO
FOCUS ON THE
MUSCLES YOU'RE
CONTRACTING
AND EXPAN-
DING.



IN THE
CASE OF
POSING,

YOU FLEX THE
MUSCLES
YOU'RE AIMING
FOR.

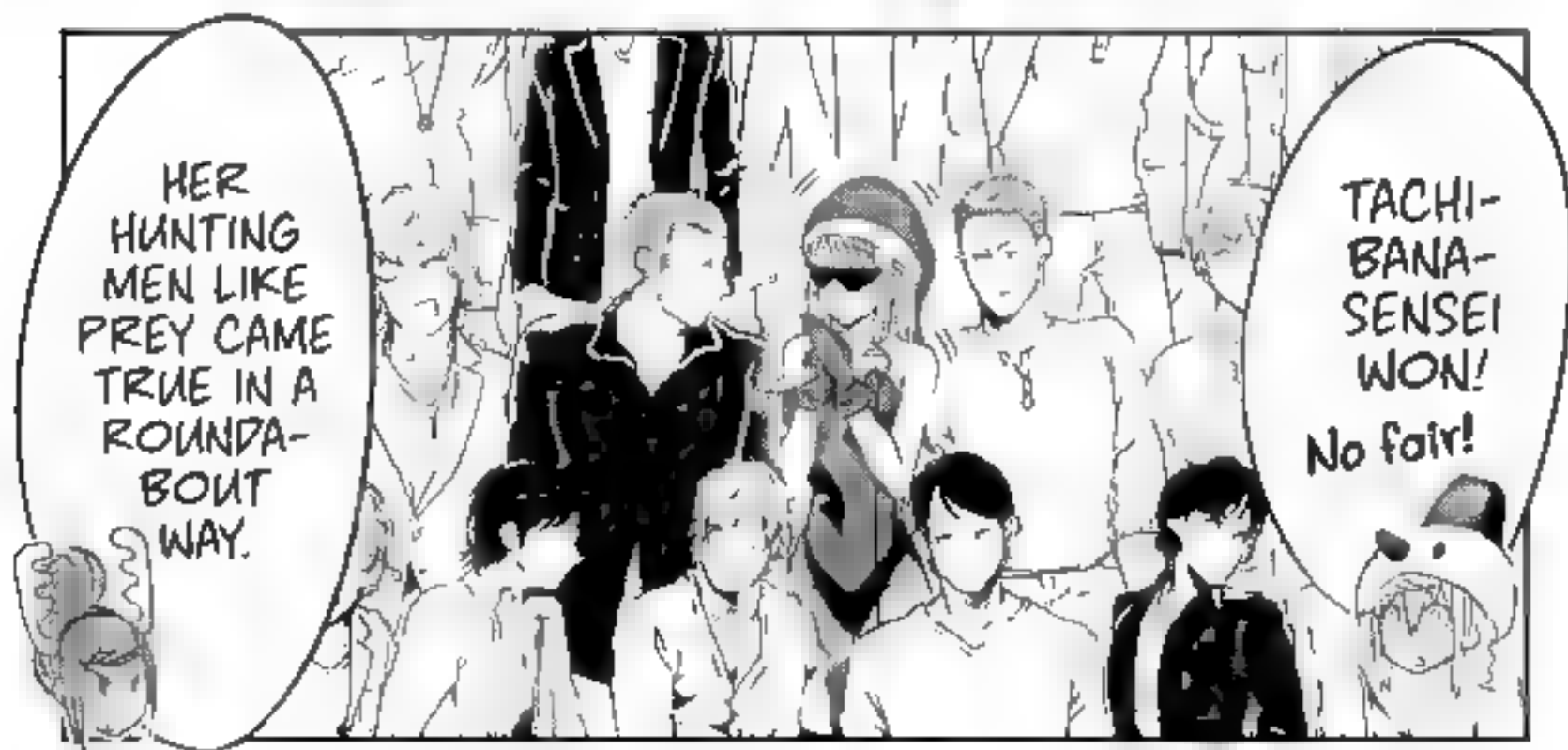
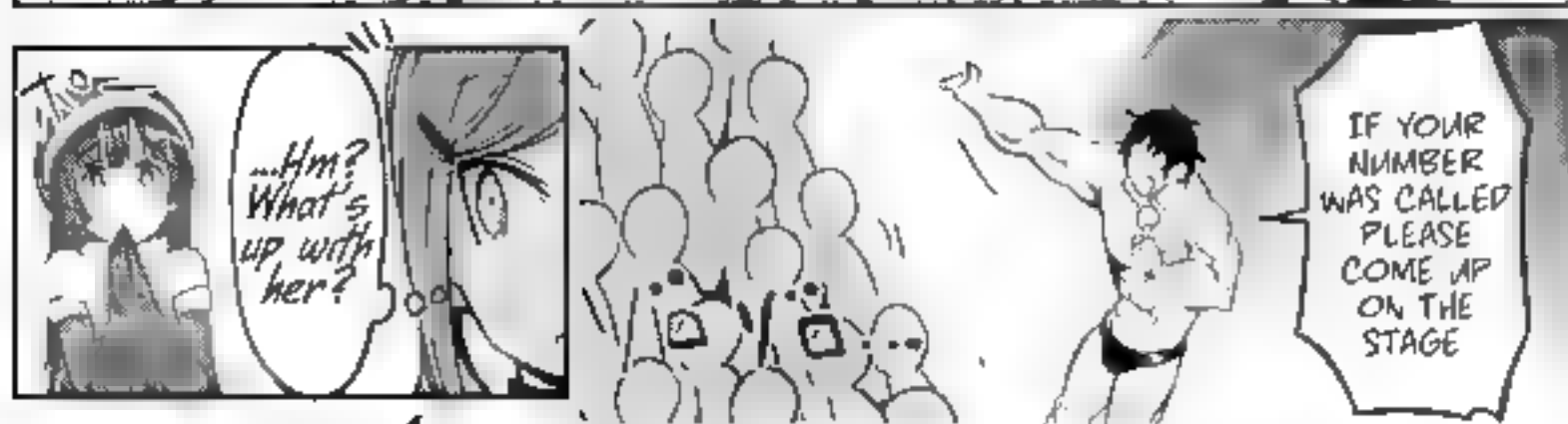


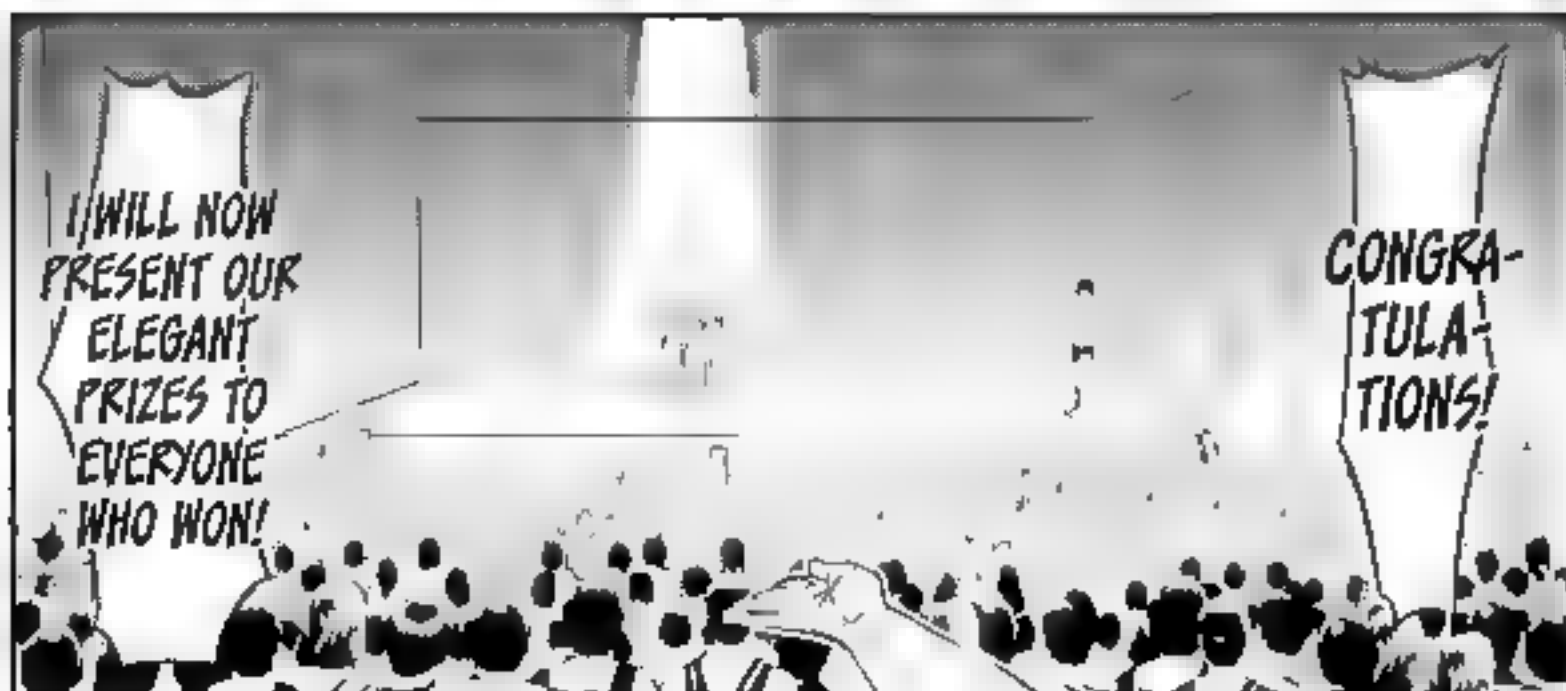


YOU CAN
TRAIN EVEN
WITHOUT
ANY EQUIP-
MENT! TRY
IT AT HOME
AND DON'T
HURT YOUR-
SELF!!!

THIS
IS A
PAIN-
TING
FROM
HELL
LLL!!!!















LET'S
DECIDE
WITH
ROCK-
PAPER-
SCISSORS

EVERY
ONE WHO
LIKES
BERRY-
FLAVORED
PROTEIN
OVER
HERE!!

Strawbe-
rry's
pretty
popular.

PRIZE

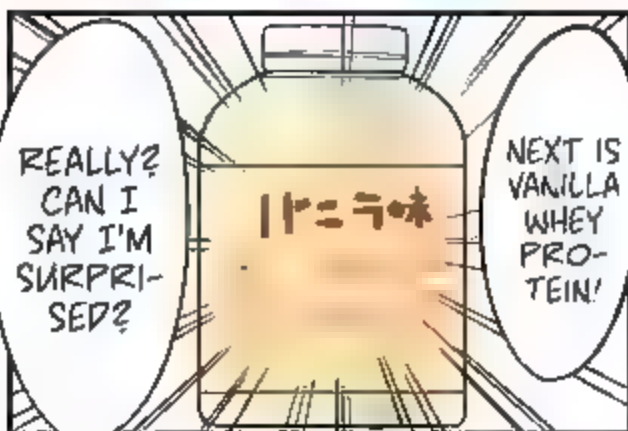


CONGRA-
TULATIONS!
PICK ANY
PRIZE YOU
LIKE



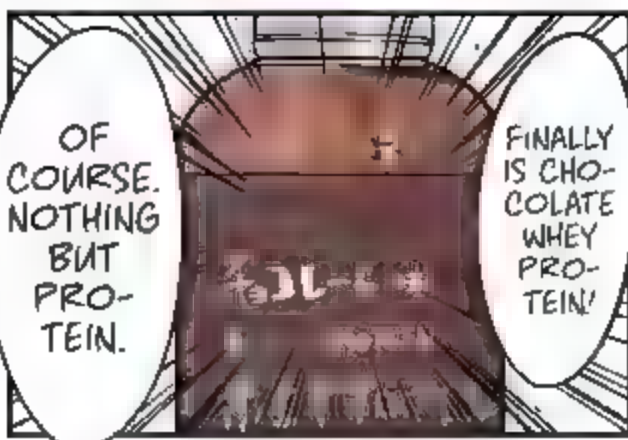
YEAH,
SAW
THIS
COM-
ING.

FIRST
IS WHEY
PRO-
TEIN!



REALLY?
CAN I
SAY I'M
SURPRI-
SED?

NEXT IS
VANILLA
WHEY
PRO-
TEIN!



OF
COURSE.
NOTHING
BUT PRO-
TEIN.

FINALLY
IS CHO-
COLATE
WHEY
PRO-
TEIN!

URA SUNDAY
COMICS

SANDROV.CH YABAKO
& MAAM PRESENTS



原作 サンドロビッチ・ヤバ子 作画 MAAM

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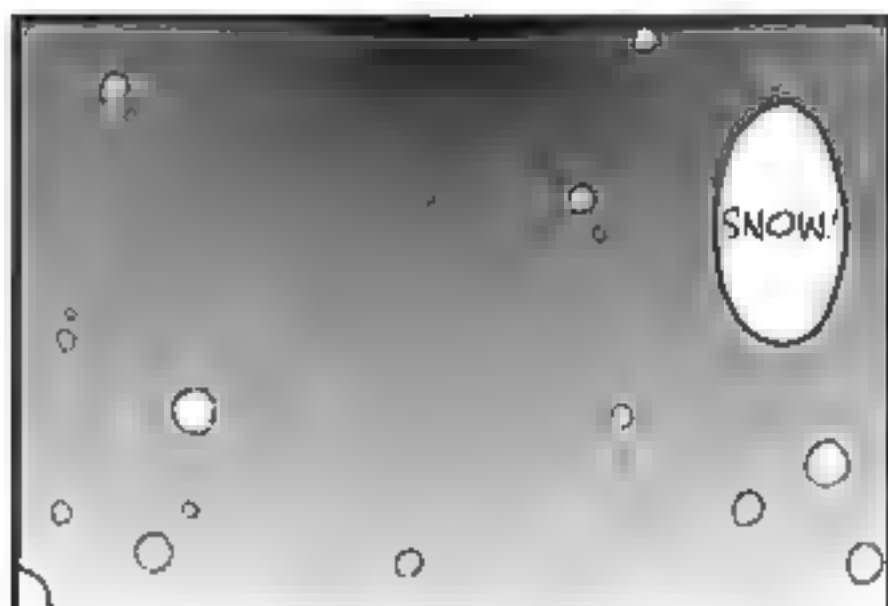




PORTION SIZE



WINTER



WHEN I SAY "RUSSIA"



HABITS



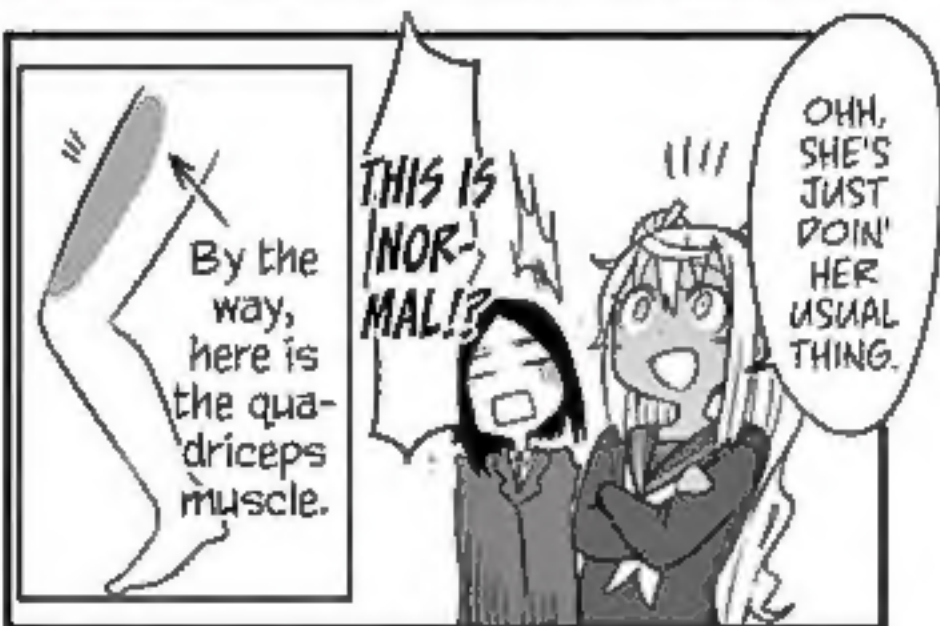
KARAOKE



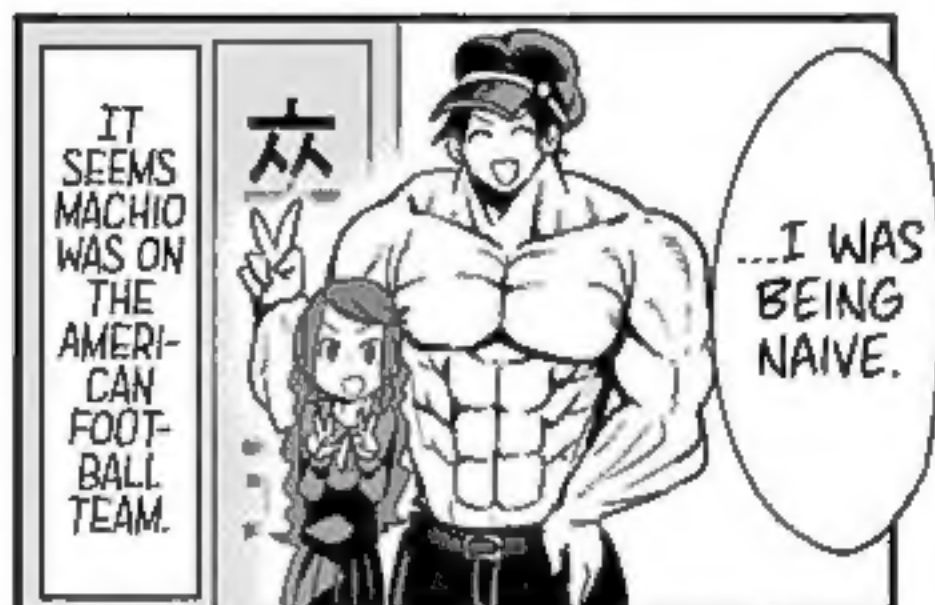
?



HERO



GRADUATION ALBUM



INVITATION

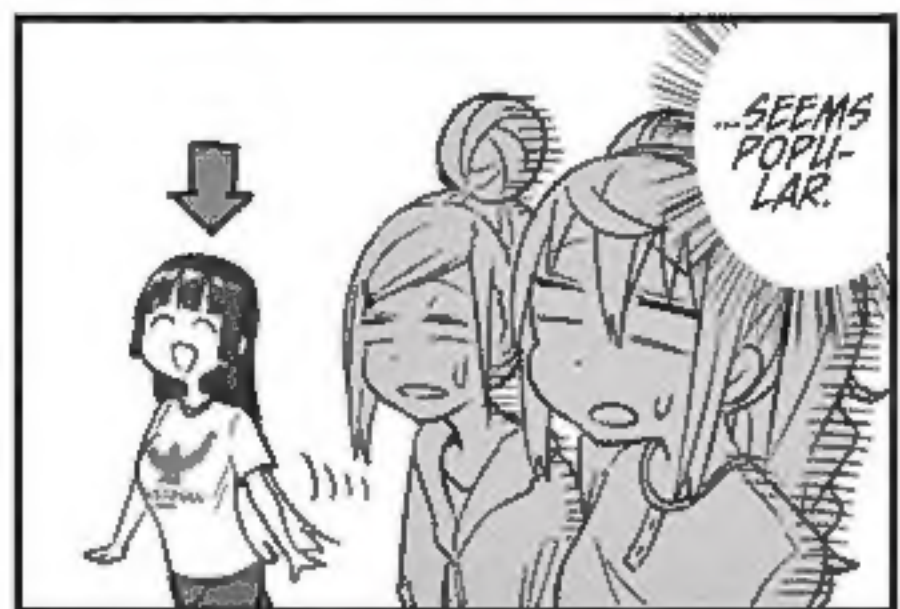


*Women's heavyweight (pro-level) is 79.38kg limitless.

Bar

PARAPHERNALIA

NT: THE BAR'S TITLE "DAIJICHUU" IS A PLAY ON THAT "DAIJITSU" FROM CHINA AND MEANS "TIME OF TRAGILITY" IN A RELIGIOUS SENSE.



RESOURCES

- ・「筋トレと栄養の科学
(お腹を凹ませて、太らない
カラダになるための真実67)」
坂詰真二/石川三知(監修) 新星出版社
- ・「究極の筋肉を造るための
ボディビルハンドブック」
Chris Aceto(著) 体育とスポーツ出版社
- ・「パワーリフターに学ぶ
BIG3パーフェクトメソッド
——スクワット・ベンチプレス
・デッドリフト完全攻略!」
荒川孝行(著)岡田 隆(著) ベースボール・マガジン社
- ・「ゴールドジム・メソッド
——全ての人々に結果を——
*筋トレ。の基本は万国共通!」
ベースボール・マガジン社
- ・「かっこいいカラダ
——プロレスラーのボディメイク術
—撃必殺の肉体改造マニュアル」
ベースボール・マガジン社
- ・「マッスル北村
伝説のバルクアップトレーニング」
フィットネススポーツ
- ・「肉体改造並びに体力増強のしかた」
窪田 登(著) スキージャーナル
- ・「筋力トレーニング法100年史」
窪田 登(著) 体育とスポーツ出版社
- ・「怪力法並に肉体改造体力増進法」
若木竹丸 体育とスポーツ出版社
- ・「ロシアンパワー養成法」
足立弘成 普遊舎

AUTHOR'S NOTE

Thank you very much for reading
"How Much Do You Lift?!!". This is the
illustrator, MAAM. Thanks to everyone
involved, we managed to get volume 2 out!!
Now with more individual and cute characters.
I think it'll get even more fun and enjoyable
than ever, so please take care of us!!

VISUAL ASSAULT

